



Cook time: 25 mins

Serves: 4

Prep time: 10 mins

# Teriyaki Salmon and Pasta

## Ingredients

- 1 red capsicum, deseeded and cut into chunks
- 1 yellow or green capsicum, deseeded and cut into chunks
- 2 tsp canola oil
- 400g salmon fillet
- 2 tbsp teriyaki marinade
- 1 tbsp black and white sesame seeds
- 200g uncooked wholemeal pasta (e.g. fusilli, spaghetti)
- 1 tbsp olive oil
- 1 cucumber, shredded or cut into thin strips
- Juice of 1 lime
- 1 tsp teriyaki marinade
- A dash of pepper

## Method

- In a screw-top jar, shake up the olive oil, cucumber, lime juice, teriyaki marinade and pepper.
- Cook pasta according to packaging. Pour dressing over pasta and set aside.
- Preheat oven to 180 °C or preheat grill.
- Season salmon with teriyaki marinade. Brush the capsicums with the oil.
- Place salmon and capsicums on a lightly greased baking dish or line dish with baking paper.
- Bake or grill for 10 minutes on each side.
- Sprinkle the sesame seeds on top before serving. Serve with pasta.

## OR

- Heat 2 tsp of oil in a pan, place capsicum and salmon in pan and pan-fry for 1–2 minutes.
- Flip salmon fillet and pan-fry for another 5–10 minutes or until salmon is cooked through.
- Sprinkle the sesame seeds on top before serving. Serve with pasta.

## Nutrition Information (Per Serving):

Energy: 378kcal

Protein: 26.9

Total fat: 13.4g

Carbohydrates: 39.2g

Dietary fibre: 6g